

Collins Communique

February 25, 2010

Board Members: Anjali Kausar, Ben Liao, Josephine Lucey, Gary McCue, Phyllis Vogel

Superintendent: Phil Quon

FEBRUARY 2010

25 ~ PTA Family Science Night ~ Grades 2 & 3

MARCH 2010

1 ~ Mt. Man assembly ~ Grades 4 & 5 ~ 2:00 p.m.

2 ~ Dr. Seuss "Read Across America" Day

2 ~ West Bay Opera assembly ~ Grades 1-5 ~ 9:25 a.m.

14 ~ Daylight Saving Time Begins

15 ~ **STAFF LEARNING DAY ~ NO SCHOOL!**

APRIL 2010

26-May 7 ~ STAR Testing

The Collins School 2009-2010 yearbooks,
in full color, are on sale now!

Yearbooks are just \$15 if ordered
before March 26.

After March 26, the price goes up to
\$20.00!

So hurry and order yours now!

Order envelopes are available in the
school office.

Dear Parents:

Welcome back after one week off!
Hopefully, all the students are well rested
and ready to tackle the rigors of learning.

On Thursday, February 11, 2010 we had two
important visitors. They were members of
the Site Validation Team. Collins School has
applied to be recognized as a California
Distinguished School. The two visitors were
here to check us out and observe our
outstanding programs. They also had an
opportunity to interview students, parents,
PTA members, and members from various
community organizations. Although we have
not received the official word from the

state which will come in late
April or early May, we feel
we did well. Regardless of
the outcome, we want to
take this opportunity to
thank everyone who
participated in this process.

We say good-bye to **Mrs. Laura Austin** who
teaches first grade in room 32. Mrs. Austin
will be taking maternity leave. Her last day
is Friday, February 26. We welcome back
Miss Erin Gatley who will be taking her
place until the end of the school year.

We also say good-bye to **Coach Dan**. Next
Wednesday, March 3 will be his last day.

Coach Dan has been
teaching P.E. at Collins
School for over 10
years. We will miss
him and wish him luck
in his future
endeavors.



Tonight is **2nd and 3rd grade Science
Night**. Students in grades 2 and 3 and their
parents will have an opportunity to come to
the **GLC** starting at 6:00 p.m. until 8:30 p.m.
to participate in science activities. Hope to
see all of you there.

It is with great pleasure that we take this
opportunity to say **CONGRATULATIONS** to
Donna Irvine, our crossing guard! Ms. Irvine
was chosen as the **Outstanding Crossing
Guard** for the 2010 school year. Crossing
guards in our area were evaluated on their
ability to work with children, pedestrians
and motorists in
ensuring the safe
passage of children
to and from school.
They were also
evaluated on their
appearance,
demeanor, attitude
and overall job performance. Next time you
cross the street at Blaney and Forest, give
Donna a big, high five and congratulations!



We want to thank everyone who made a
monetary donation for our "family in need"
before the mid-year recess. The family has
expressed to me their sincere appreciation.
They were overwhelmed at everyone's
generosity. It's truly amazing to see how
our community pulls together in a time of
need. Thank you to everyone!

When your child is sick, please remember
that you must call our attendance line every
day. This line is available 24 hours day.
Please call 408-252-6002, extension 6.

While it is nice that you
leave a message or send
an email to your child's
teacher, it is **very
important** that you
leave a message in the
office. Messages or
emails left for teachers do not always find
their way to the school office.



Jones Wong, Principal

Speaking of Health: Nuts and their nutritional value

Nuts are very likely nature's perfect, bite-sized, convenient, power snack. They have many unique and healthy benefits and taste oh-so-good. High in protein, fiber, antioxidants and monosaturated fat (in case you haven't heard the good for you fat!). Monosaturated fats protect from chronic heart disease and help to keep your belly flat. The protein in nuts helps you feel full longer which results in you eating less. Recent studies have shown that consuming one ounce of nuts daily reduce the risk of developing diabetes.

The FDA recommends a daily serving of one ounce of nuts (approximately two tablespoons). Let's take a look at a few of our favorite nuts and all the healthy benefits they have to offer.

ALMONDS: A one ounce serving is about 24 nuts with 6 g. protein, 160 calories, and 9 g. monosaturated fat. Almonds are loaded with Vitamin E (an antioxidant that helps prevent heart disease and cancer) and magnesium (strengthens bones).



BRAZIL NUTS: A one ounce serving is about 8 nuts with 4 g. protein, 190 calories and 7 g. monosaturated fat. Brazil nuts are packed with selenium (an antioxidant) and phosphorus (strengthens bones and teeth & assists with energy metabolism).

CASHEWS: A one ounce serving is about 18 nuts with 4 g. protein, 160 calories and 8 g. monosaturated fat. Cashews are rich in selenium, magnesium, phosphorus and iron.

HAZELNUTS: A one ounce serving is about 20 nuts with 4 g. protein, 180 calories and 3 g. monosaturated fat. Hazelnuts contain large amounts of Vitamin E.

MACADAMIAS: A one ounce serving is about 12 nuts with 2 g. protein, 200 calories and 17 g. monosaturated fat. Macadamias have the highest level of unsaturated fat (cholesterol lowering).

PEANUTS: (not actually a nut, but a legume, though often thought of as a nut so here it is) A one ounce serving is about 28 nuts with 7 g. protein, 170 calories and 7 g. monosaturated fat. Peanuts are a good source of Vitamin B3 (promoting healthy skin), Vitamin E and zinc (renewing tissue), potassium (muscles) and Vitamin B6 (immunity).



PECANS: A one ounce serving is about 20 halves with 3 g. protein, 200 calories and 12 g. monosaturated fat. Pecans are packed with Vitamin B1 (thiamine energy) and zinc.

PISTACHIOS: A one ounce serving is about 45 nuts with 6 g. protein, 160 calories and 7 g. monosaturated fat. Pistachios are full of phosphorus.

WALNUTS: A one ounce serving is about 14 halves with 4 g. protein, 190 calories and 2.5 g. monosaturated fat. Walnuts are rich in Omega-3s (reducing fat and cholesterol).

Keep in mind that all these wonderful choices need to be consumed in moderation (1 ounce of your choice daily) and in the roasted or unsalted variety. Now you know how healthy nuts are, so how can you get more in your diet besides just as a snack. Here are a few ideas. Nut butters make great spreads on crackers, bagels, pancakes and fruit. Chopped nuts make a great, crunchy topping for salads or in your morning cereal. Use nut butters in soups and sauces for a unique seasoning. You can coat fish or chicken with crushed nuts instead of breading for great added flavor. Get your heart-healthy serving of antioxidant packed nuts every day.....nature's perfectly wonderful, bite-sized convenience food.



Garden Gleanings



DUE TO THE EXCESSIVE RAIN WE HAVE HAD LATELY,
THERE WAS NO GARDEN CLUB ON WEDNESDAY, FEBRUARY 24.
HOPEFULLY, GARDEN GLEANINGS WILL RETURN NEXT WEEK!

Birthday Book Club

Thank you to the following students for donating books to the library in honor of their birthdays:

Kritika S. in Room 6

"THE BIG NO-NO"

Arihan G. in Room 4

"BIG BOOK OF KNOWLEDGE"

For more info on the Birthday Book Club, visit: http://www.collinselementary.com/book_donations.php

BOX TOPS COLLECTION

Thank you to all who brought in the Box Tops! We counted 5,828 and we will receive \$582.80 for our school!

Here are the winners for this years classroom competition:

Kindergarten: Mrs. Liao (room 5) with 470 Box Tops

Grades 1, 2 & 3: Mrs. Koyanagi (room 4) with 253 Box Tops

Grades 4 & 5: Miss Deyo (room 30) with 597 Box Tops

As a reward for their hard work, these classes will have 1/2 hour extra Friday Free Play!

This years collection is over, but you can continue to clip Box Tops from your favorite foods and other products and save them for next year!

ANOTHER REMINDER!

Our school year is half way over, but we still have some activities planned for the rest of the year.

Please consider making your Direct Donation soon, if you have not done so already. You can use the attached form, or you can find the forms in the school office. You can also make your donation online at www.collinselementary.com.

Remember that your donation is tax deductible and you can ask your company to match your donation.



DIRECT DONATION and MEMBERSHIP FORM

Parent first name _____ Last name _____

Parent first name _____ Last name _____

Address _____ Apt/suite/unit # _____

City _____ State _____ Zip code _____

Primary phone number _____

E-mail address _____

Student name _____ Room # _____

Direct Donation included (\$150) _____ # of Memberships included (\$10 each) _____

Amount enclosed: _____

Please make check payable to **Collins PTA**

If you have already paid your Direct Donation and/or are already a PTA member, please accept our sincere thanks.

For any comments, please email us at pta@collinselementary.com

DO YOU WANT TO SEE YOUR ORIGINAL POETRY PUBLISHED?

DO YOU WANT TO SEE IT IN OUR SCHOOL LIBRARY?

Participate in the 2010 Young American Poetry Digest!

Here's what you need to do:

Poetry Submission Guidelines

Submission Deadline: March 12, 2010

Write a poem or poems - No more than 80 words in length!

Poems can be handwritten or typed.

There is NO limit on the number of submissions from each student.

Attach the information using a submission form or simply write the information on their submissions.

For more information, visit:

<http://www.youngpoets.org/>

School with the highest number of submitted poems will receive a \$100 award!

HELP COLLINS RECEIVE THIS HONOR!

A free copy of the 2010 Young American Poetry Digest goes to your school library.

Just be sure to turn your submissions in to your teacher before March 12, 2010.

Questions? Please contact your classroom teacher or the librarian at

auprem_nagalakshmi@cusdk8.org.

Parent contact: Priya Krishnakumar email: priyakk@hotmail.com



POETRY SUBMISSION GUIDELINES

- ★ Although all poetry forms are encouraged, **haiku** is the featured poetry form for the 2010 edition.
- ★ All poems submitted must be no more than 80 words in length – if a poem is more than 80 words, it will **not** be reviewed for publication.
- ★ Poems can be written by one or several authors.
- ★ Submissions can be handwritten or typed.
- ★ There is no limit on the number of submissions from each teacher.
- ★ Please let us know of any special circumstances concerning students and/or their submissions.
- ★ Attach the following information to a student's submission - if a student submits more than one poem, please staple all the student's poems together and make sure that all the submission information is included on the first sheet and that his/her name and poetry word count are on each subsequent sheet as well.

DEADLINE – March 15, 2010 (*Postmarked*)

Send to: National Schools Project,
ERC-PMB101
582 E. Boise Avenue
Boise, ID 83706 (208-363-9173)

Email – info@youngpoets.org
Website – <http://www.youngpoets.org>

PLEASE PRINT
Student's poem must be under 80 words

Student Name:	Age:	Grade:
Student Street Address:		
City:	State:	Zip Code:
Teacher and/or Librarian Name:		
School Name:		
School Contact Info (phone or email):	Number of words in poem:	

(no more than 80 words)

Student Security and Privacy Issues

Student security and privacy are our greatest concerns and ones that we have successfully addressed over the thirteen years of the project. Student information is not disclosed to any outside party nor is the student's name published with any information that may connect him/her to a specific school, address or locality. Individual student information is not retained, but is destroyed upon publication of the book.

"STAND UP FOR SCHOOLS FORUM"**March 4, 2010****6:00 to 7:00 p.m.****Lawson Middle School Event Center****10401 Vista Drive, Cupertino**

On March 4, 2010, teachers, support staff, administrators, and parents will be attending events across California to call attention to the massive State budget cuts to education.

Please join the Cupertino Educators Association, Cupertino Elementary School Administrator Association, California School Employees Association, Service Employees International Union and the Cupertino Union School District for the "Stand Up for Schools Forum." Topics will include State budget details, district funding information, and proactive action that you can take to help protect CUSD students from further State cuts.

ELIMINATION OF GRADE FOUR WRITING ASSESSMENT

The CST for Writing (the writing component of the CST for English-Language Arts [ELA]), and the CMA for Writing (the writing component of the CMA for ELA) will not be administered to students in grade four in the 2009-10 school year. The elimination of the writing task will have no effect on students' achievement of proficiency because the CST for ELA in grade four and the CMA for ELA in grade four will be scaled and equated on the basis of the multiple-choice questions only.

Please note that the CST for Writing and the CMA for Writing will continue to be administered in grade seven. Next spring's administration of those tests in grade seven will be on Tuesday, March 2, 2010, with makeup testing on Wednesday, March 3, 2010.

2010 SUMMER SCHOOL UPDATE

The Cupertino Union School District continues to face major budget cuts from the state. As a result, there will be no available funds to implement the district's summer school program. Starting this year (2009-2010), there will be no regular education, CLIP, or ELD summer school.

Special Education summer school is not affected and will be available for students currently identified and enrolled in Cupertino Union School District Special Day Classes (SDC) whose IEP include summer school. Registration forms for the SDC summer school will be available from the SDC teachers beginning April 2010.

DE ANZA COLLEGE SUMMER EXTENDED YEAR PROGRAM 2010

De Anza College in partnership with the Cupertino Union School District will offer the Extended Year Program this summer, mornings only, from June 21 to July 16, 2010.

Students entering grades 6 through 10

Classes will be held at Kennedy and Miller Middle Schools, and will include: Java Programming, Geometry, Intro to Algebra, LEGO Robotics, Speech and Debate, Fashion Design and many others.

Students entering grades 1 through 5

Classes will be held at Eaton Elementary School, and will include: Pre-Algebra Prep, Writing: Paragraphs to Essays, Reading Intensive, Mandarin Chinese, Math & Art, Mandarin, Journalism/Writing, and more!

Program brochures will be sent home in early March and will also be available at your school office. More information is available at www.extendedyear.deanza.edu.

Early registration is by mail only and will begin on March 8, 2010 and ends on May 21, 2010. There will also be walk-in registration available from June 1 to June 8, 2010.

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